



KRAV MAGA™ OFFICIAL TRAINING CENTER

CENTRAL CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
ADVANCED TRAINING 5:30-7A Lilly Room	KRAV ATHLETICS 5:25-6A Marni Room KM 1 6 - 7A Marni Room	ADVANCED TRAINING 5:30-7A Lilly Room	FIT to FIGHT 5:25 - 6:25A Marni Room	KRAV ATHLETICS 5:25 - 6A Lilly Room KM 1 6 - 7A Lilly Room	Lilly Room KM 2/3 6 - 7A Marni Room	ADVANCED TRAINING 5:30 - 7A Lilly Room		INSTRUCTOR TRAINING 5:25-7A Lilly Room	KRAV ATHLETCS 6 - 7A Marni Room	INSTRUCTOR 7-9A Lilly Room INTRO 9 - 11A Lilly Room	ADV TRAINING 7:30-9A Marni Room KRAV ATHLETICS 9 - 9:35A Marni Room All Levels 9:35 - 10:35A Marni Room FTF YOUTH 10:35 - 11:15A (5-8yrs) Marni Room FTF YOUTH 11:15-12P (9yrs+) Marni Room BLACKBELT 1:30-2:30P (5-8yrs) Lilly Room BLACKBELT 2:30-3:30P (9yrs+) Lilly Room
KRAV ATHLETCS 10:30 - 11A Lilly Room								KRAV ATHLETCS 10:30 - 11A Lilly Room			
KM 1/2 11 - 12P Lilly Room		ADVANCED TRAINING 11:00A-12:30P Lilly Room		ADVANCED TRAINING 11:00A-12:30P Lilly Room		KRAV ATHLETICS 11:30 - 12P Lilly Room		KM 1/2 11 - 12P Lilly Room			
		FTF YOUTH 4:30 - 5:15P (5-8yrs) Lilly Room		BLACKBELT 4:30 - 5:30P (5-8yrs) Lilly Room		FTF YOUTH 4:30 - 5:15P (5-8yrs) Lilly Room					
TEEN CLASS 5:15 - 6:15P (13-15yrs) Lilly Room		FTF YOUTH 5:15 - 6P (9yrs+) Lilly Room		BLACKBELT 5:30 - 6:30P (9yrs+) Lilly Room		FTF YOUTH 5:15 - 6P (9yrs+) Lilly Room					
KRAV ATHLETICS 6:15 - 6:45P Lilly Room	ADVANCED TRAINING 6-7:30P Marni Room	KRAV ATHLETICS 6:15-6:45P Lilly Room	COMB 1/2 6:15-7:15P Marni Room	KM 2/3 6:45-7:45P Lilly Room	KM 1 6:15P-7:15P Marni Room	KM1/2 6:15P-7:15P Lilly Room	ADVANCED TRAINING 6:00-7:30P Marni Room	FTF YOUTH 5:30 - 6:15P (5-8yrs) Lilly Room			
KM 1/2 6:45 - 7:45P Lilly Room		KM1 6:45-7:45P Lilly Room	KRAV ATHLETICS 7:15-7:50P Marni Room	KM 3/4 7:45P-8:45P Lilly Room	KM 1 7:15-8:15P Marni Room	FIT to FIGHT 7:15P-8:15P Lilly Room	COMB 1/2 7:35-8:35P Marni Room	FTF YOUTH 6:15 - 7P (9yrs+) Lilly Room			
KM 1 7:45-8:45P Lilly Room	COMB 1/2 7:45-8:45P Marni Room	Heavy Bag 7:45-8:45P Lilly Room									

Yellow	Krav Maga Level 1	Combatives- COMB 1/2
Orange	Krav Maga Level 2	* Combatives 1/2 is a high-intensity class focusing on all Level 1 & 2 combatives
Green/Blue	Krav Maga Level 3/4	
Brown/Black	Krav Maga Level 5/6/7	Krav Athletics
All Levels	Krav Maga All Levels	* Krav Athletics is a high intensity class designed to improve all 10 domains of fitness
Lilly Room	Front Room	
Marni Room	Back Room	Fit to Fight
		*Fit to Fight fighting drills derived from Muay Thai, boxing & wrestling for SELF DEFENSE
		Heavy Bag
		* Heavy Bag Class- learn bag combinations with punches and kicks